## **Index of Foods**

| A   | Baked Beans or in Sauce (Vegetarian) |
|---|--------------------------------------|
|   | 1-11, 2-19                           |
| Acidified Milk, 4-2                         | Beans with Bacon in Sauce, 1-11      |
| Acorn Squash                                | Beans with Frankfurter in Sauce, 1-1 |
| fresh, 2-76                                 | Beans, canned                        |
| frozen mashed, 2-77                         | Baked or in Sauce with Pork, 1-11    |
| Almonds, 1-38                               | Baked or in Sauce (Vegetarian), 1-11 |
| Almond butter, 1-40                         | Black (Turtle), 1-5, 2-13            |
| Amaranth, 3-16, 3-21                        | Black-eyed (Peas), 1-5, 2-13         |
| American Cheese, 1-23                       | Garbanzo or Chickpeas, 1-6, 2-13     |
| Apple Juice                                 | Great Northern, 1-6, 2-14            |
| canned, 2-43                                | Green, 2-15                          |
| frozen, 2-43                                | Green, Flat Italian, 2-16            |
| Apples                                      | Kidney, 1-7, 2-17                    |
| canned, 2-7                                 | Lima, 1-8, 2-17                      |
| dehydrated, 2-7                             | Pink, 1-9, 2-18                      |
| fresh, 2-7                                  | Pinto, 1-9, 2-19                     |
| frozen, 2-7                                 | Red, Small, 1-10, 2-20               |
| Applesauce, canned, 2-8                     | Refried, 1-12, 2-19                  |
| Apricots                                    | Soup, 1-12, 2-74                     |
| canned, 2-8                                 | Soy, 1-10, 2-20                      |
| dehydrated, 2-10                            | Sprouts, 2-21                        |
| fresh, 2-8                                  | Wax, 2-22                            |
| frozen, 2-9                                 | with Bacon in Sauce, 1-11            |
| Artichokes                                  | with Frankfurter in Sauce, 1-11      |
| canned, 2-10                                | Beans, dehydrated                    |
| fresh, 2-10                                 |                                      |
| frozen, 2-10                                | Pinto, 1-9, 2-19                     |
| Asparagus                                   | Refried, 1-12, 2-20                  |
| canned, 2-11                                | Beans, dry                           |
| fresh, 2-10                                 | Black (Turtle), 1-5, 2-13            |
| frozen, 2-11                                | Black-eyed (Peas), 1-5, 2-13         |
| Avocados, fresh, 2-11                       | Garbanzo or Chickpeas, 1-6, 2-14     |
| Avocados, nesn, 2-11                        | Great Northern, 1-6, 2-14            |
|   | Kidney, 1-7, 2-17                    |
| В   | Lima, 1-8, 2-18                      |
| Bacon, Pork, 5-6                            | Mung, 1-8, 2-18                      |
| Bagels, 3-15                                | Navy or Pea, 1-8, 2-18               |
| Baked Beans or in Sauce with Pork, 1-11,    | Pink, 1-9, 2-18                      |
| 2-19  | Pinto, 1-9, 2-19                     |
| Baked Beans or in Sauce (Vegetarian), 1-11, | Red, Small, 1-10, 2-20               |
| 2-19  | Soy, 1-10, 2-20                      |
| Bamboo Shoots, canned, 2-12                 | Beans, fresh                         |
| Bananas                                     | Black-eyed (Peas), 2-13              |
| canned, 2-12                                | Green, 2-14                          |
| dehydrated, 2-12                            | Lima, 2-17                           |
|   | Soy (Edamame), 2-20                  |
| fresh, 2-12 Rankagua Sayaa with Roof 1 22   | Sprouts, 2-21                        |
| Barbecue Sauce with Beef, 1-22              | Ŵax, 2-21                            |
| Barley, 3-16, 3-20                          | Beans, frozen                        |
| Batter type coating, 3-15                   | Black-eyed (Peas), 2-13              |
| Bean Products                               | Green, 2-16                          |
| Baked Beans or in Sauce with Pork, 1-11,    | Green, Flat Italian, 2-17            |
| 2-19  | Lima, 2-18                           |

| Bean Soup, canned                      | Beef Stew, 1-22                               |
|--|---|
| condensed, 1-12, 2-74                  | Beef Taco Filling, 1-22                       |
|  |   |
| ready-to-serve, 1-12, 2-74             | Beef with Barbecue Sauce, 1-22                |
| Bean Sprouts, fresh                    | Beef with Natural Juices, canned (USDA), 1-22 |
| Mung, 2-21                             | Beet Greens, fresh, 2-23                      |
| Soy Bean, 2-21                         | Beets   |
| Bean Sprouts, canned, 2-21             | canned, 2-23                                  |
| Beans with Bacon in Sauce, 1-11        | fresh, 2-22                                   |
| Beans with Frankfurters in Sauce, 1-11 | Bell Peppers                                  |
|  |   |
| Beef and Dumplings with Gravy, 1-22    | dehydrated, 2-60                              |
| Beef and Gravy, 1-22                   | flakes, (dried for seasoning), 5-8            |
| Beef, fresh or frozen                  | fresh, 2-59                                   |
| Brisket, 1-12                          | frozen, 2-59                                  |
| Brisket, Corned, 1-13                  | Black (Turtle) Beans                          |
| Cheek, 1-13                            | canned, 1-5, 2-13                             |
| Chuck Roast, 1-13                      | dry, 1-5, 2-13                                |
| Chuck Steak, 1-15                      | Blackberries (Boysenberries)                  |
|  |   |
| Cubed Steak, 1-20                      | canned, 2-24                                  |
| Flank Steak, 1-15                      | fresh, 2-24                                   |
| Ground, 1-15                           | frozen, 2-24                                  |
| Heart, 1-16                            | Black-eyed Peas or Beans                      |
| Kidney, 1-16                           | canned, 1-5, 2-13                             |
| Lean finely textured, C-5              | dry, 1-5, 2-13                                |
| Liver, 1-17                            | frozen, 2-13                                  |
| Loin, 1-17                             | fresh, 2-13                                   |
|  |   |
| Oxtail, 1-17                           | Black Plums                                   |
| Plate, 1-17                            | canned, 2-64                                  |
| Rib, 1-18                              | fresh, 2-64                                   |
| Ribeye, 1-18                           | Black Walnuts, 1-39                           |
| Rib Řoast, 1-18                        | Blueberries                                   |
| Round Roast, 1-18                      | canned, 2-24                                  |
| Round Steak, 1-19                      | dehydrated, 2-25                              |
| Rump Roast, 1-20                       | fresh, 2-24                                   |
|  |   |
| Sandwich Steak, 1-21                   | frozen, 2-25                                  |
| Special Trim, 1-20                     | Biscuits, 3-15                                |
| Steaks, 1-20                           | Bokchoy, fresh, 2-25                          |
| Stew Meat, 1-21                        | Bologna, 1-36                                 |
| Tongue, 1-21                           | Boysenberries (Blackberries)                  |
| Tripe, 1-21                            | canned, 2-24                                  |
| Beef, Ground, 1-15                     | fresh, 2-24                                   |
| Beef Goulash, 1-22                     | frozen, 2-24                                  |
| Beef Hash, 1-22                        | Bow Tie Pasta, 3-26                           |
|  |   |
| Beef, Lean finely textured, C-5        | Brazil nuts, 1-38                             |
| Beef Plate, 1-17                       | Bread, 3-15, 3-20                             |
| Beef Products, canned or frozen        | Breadfruit, fresh, 2-25                       |
| Barbecue Sauce with Beef, 1-22         | Bread Sticks, hard, 3-15, 3-20                |
| Beef and Dumplings with Gravy, 1-22    | Bread type coating, 3-15                      |
| Beef and Gravy, 1-22                   | Breakfast Cereals, 3-16, 3-24                 |
| Beef Goulash, 1-22                     | Brie, 1-23                                    |
| Beef Hash, 1-22                        | Brisket, 1-12                                 |
| Beef Salad, 1-22                       | Brisket, Corned, 1-13                         |
|  |   |
| Beef Stew, 1-22                        | Broccoli                                      |
| Beef Taco Filling, 1-22                | fresh, 2-25                                   |
| Beef with Barbecue Sauce, 1-22         | frozen, 2-26                                  |
| Chili con Carne, 1-23                  | slaw, 2-26                                    |
| Chili con Carne with Beans, 1-23       | Brownies, 3-16                                |
| Corned Beef and Cabbage, 1-23          | <b>Brown Rice,</b> 3-16, 3-29                 |
| Corned Beef Hash, 1-23                 | Brussels Sprouts                              |
| Gravy and Beef, 1-23                   | fresh, 2-26                                   |
| Gravy and Swiss Steak, 1-23            | frozen, 2-26                                  |
|  |   |
| Swiss Steak and Gravy, 1-23            | Buckwheat, 3-21                               |
| Beef Salad, 1-22                       | Buffalo, Ground, 1-37                         |

| Bulgur, 3-16, 3-20                                    | Chayote (Mirliton), fresh, 2-32                     |
|---|---|
| Buns, 3-15  | Cheddar Cheese                                      |
| Butter, 5-2   | process, 1-23                                       |
| Buttermilk, 4-2                                       | natural, 1-23                                       |
| Butternut Squash,<br>fresh, 2-77                      | Cheek Meat, Beef, 1-13<br>Cheese                    |
| frozen, mashed, 2-77                                  | American, 1-23                                      |
| 1102cii, Illaslica, 2 77                              | Brie, 1-23  |
| C   | Camembert, 1-23                                     |
| _   | Cheddar, 1-23                                       |
| Cabbage, Celery or Chinese, fresh, 2-26               | Cottage, 1-24                                       |
| Cabbage, Green, fresh, 2-27                           | Cream, 5-3  |
| Cabbage, Red, fresh, 2-27<br>Cactus (Nopales)         | Feta, 1-23  |
| canned, 2-28  | Mozzarella, 1-23                                    |
| fresh, 2-28   | Parmesan, grated, 1-24                              |
| Cactus Fruit (Prickly Pear), fresh, 2-28              | Ricotta, 1-24                                       |
| Calamari, (Squid), frozen, 1-57                       | Romano, 1-24<br>Swiss, 1-23                         |
| Cake, 3-16  | Cheese Food, 1-24                                   |
| Camembert, 1-23                                       | Cheese Spread, 1-24                                 |
| Canadian Bacon, 1-47                                  | Cheese Substitute, 1-24                             |
| Cane Syrup, 5-7                                       | Cherries, Maraschino, 2-32                          |
| Cantaloupe  | Cherries, Red Tart                                  |
| fresh, 2-28   | canned, 2-33  |
| frozen, 2-29  | dehydrated, 2-34                                    |
| Carambola (Star Fruit), fresh, 2-77                   | fresh, 2-33   |
| Carrots   | frozen, 2-33  |
| canned, 2-30<br>fresh, 2-29                           | Cherries, Sweet                                     |
| frozen, 2-31  | canned, 2-34  |
| Cashew nut butter, 1-40                               | fresh, 2-34   |
| Cashew nuts, 1-39                                     | Cherry Peppers, fresh, 2-60                         |
| Cassava (Yucca), fresh, 2-87                          | Cherry Tomatoes, fresh, 2-81                        |
| Catsup, Tomato (Ketchup), 5-2                         | Chicken a la King, 1-35<br>Chicken Barbecue, 1-35   |
| Cauliflower   | Chicken Back pieces, 1-26                           |
| fresh, 2-31   | Chicken, Boneless, 1-31                             |
| frozen, 2-31  | Chicken Breast, 1-27                                |
| Celery  | Chicken Chili, 1-35                                 |
| canned, 2-32  | Chicken Chili with Beans, 1-35                      |
| flakes, (dried for seasoning), 5-7                    | Chicken, cooked                                     |
| fresh, 2-31<br>Celery or Chinese Cabbage, fresh, 2-26 | canned, 1-33  |
| Cereal Grains, 3-16                                   | frozen, 1-34  |
| Amaranth, 3-21  | Chicken Drumsticks, 1-29                            |
| Buckwheat, 3-21                                       | Chicken, fresh or frozen                            |
| Cornmeal, 3-21  | Boneless, 1-31<br>fryer, cut-up parts, (USDA), 1-26 |
| Corn Grits, 3-21                                      | Precooked Breaded Chicken Pieces, 1-34              |
| Farina, 3-22  | Cut up 8 pieces, 1-26                               |
| Kasha, 3-22   | Giblets, 1-32                                       |
| Millet, 3-23  | Gizzards, 1-32                                      |
| Oats, 3-23  | Heart, 1-32   |
| Quinoa, 3-23  | Liver, 1-32   |
| Wheat Berries, 3-24<br>Wheat Cereal, 3-24             | Ground, 1-32  |
| Wheat, rolled, 3-24                                   | Mechanically or hand separated, C-5                 |
| Cereals, ready-to-eat, 3-16                           | Parts   |
| Corn, 3-24  | Back pieces, 1-26                                   |
| Granola, 3-24   | Breast, 1-27  |
| Oats, 3-24  | Drumsticks, 1-29<br>Leg Quarters, 1-29              |
| Rice, 3-24  | Thighs, 1-30  |
| Wheat, 3-24   | Wings, 1-31   |
| Wheat Germ, 3-24                                      | Tenders, 1-32                                       |
| Chard, Swiss, fresh, 2-81                             | Whole, 1-25   |

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|--|---|
| Chicken, Giblets, 1-32                       | Corn Cereal, ready-to-eat, 3-16, 3-24   |
| Chicken, Gizzards, 1-32                      | Corn Chips, 3-25                        |
| Chicken, Ground, 1-32                        | Corned Beef and Cabbage, 1-23           |
| Chicken Hash, 1-35                           | Corned Beef Brisket, 1-13               |
| Chicken, Heart, 1-32                         | Corned Beef Hash, 1-23                  |
| Chicken, Leg Quarters, 1-29                  | Corn Grits, 3-21                        |
| Chicken, Liver, 1-32                         | Cornmeal, 3-21                          |
| Chicken, mechanically or hand separated, C-5 | Corn Muffins, 3-15                      |
| Chicken Products, Canned or Frozen           | Corn Syrup, 5-7                         |
| Chicken a la King, 1-35                      | Cottage Cheese, 1-24                    |
| Chicken Barbecue, 1-35                       | Couscous, 3-25                          |
| Chicken Chili, 1-35                          | Crab Meat, fresh or frozen, 1-51        |
| Chicken Chili with Beans, 1-35               | Cracked Wheat, 3-16                     |
| Chicken Hash, 1-35                           | Crackers                                |
| Chicken Salad, 1-35                          | Graham, 3-15, 3-26                      |
| Chicken with Gravy, 1-35                     | Saltines, 3-15, 3-31                    |
| Chicken with Noodles or Dumplings, 1-35      | Soda, 3-15, 3-31                        |
| Creamed Chicken, 1-35                        | Cranberries                             |
| Chicken Salad, 1-35                          | dehydrated, 2-37                        |
| Chicken Tenders, 1-32                        | fresh, 2-37                             |
| Chicken, Thighs, 1-30                        | Cranberry Relish or Sauce, canned, 2-37 |
| Chicken, Whole, 1-25                         | Crawfish                                |
| Chicken, Wings, 1-31                         | fresh, 1-51                             |
| Chicken with Gravy, 1-35                     | frozen, 1-51                            |
| Chicken with Noodles or Dumplings, 1-35      | Cream                                   |
| Chickpeas or Garbanzo Beans                  | Heavy (Whipping), 5-3                   |
| canned, 1-6, 2-13                            | Light, 5-3                              |
| dry, 1-6, 2-14                               | Cream Cheese, 5-3                       |
| Chicory, fresh, 2-34                         | Creamed Chicken, 1-35                   |
| Chili, Chicken, 1-35                         | Creamed Turkey, 1-63                    |
| Chili, Chicken, with Beans, 1-35             | Croissants, 3-15                        |
| Chili con Carne, 1-23                        | <b>Croutons</b> , 3-15, 3-25            |
| Chili con Carne with Beans, 1-23             | Crushed Tomatoes, canned, 2-83          |
| Chili Sauce, 5-2                             | Cubed Steak, Beef, 1-20                 |
| Chili, Turkey, 1-64                          | Cucumbers, fresh, 2-38                  |
| Chili, Turkey, with Beans, 1-64              | Currants, dehydrated, 2-38              |
| Chinese or Celery Cabbage, fresh, 2-26       |   |
| Chinese Snow Peas, frozen, 2-57              | D                                       |
| Chive Flakes, (dried for seasoning), 5-7     | Dates, dehydrated, 2-38                 |
| Chow Mein Noodles, 3-15, 3-25                | Deer (Venison), Ground, 1-37            |
| Chuck Roast, Beef, 1-13                      | Diced Tomatoes,                         |
| Chuck Steak, Beef, 1-15                      | canned, 2-83                            |
| Clams  | fresh, 2-82                             |
| canned, minced, 1-51                         | Doughnuts, 3-16                         |
| fresh or frozen, minced, 1-50                | Dried Milk, 5-4                         |
| fresh or frozen, shucked, 1-50               | Dilea Mink, 5                           |
| Clementines, fresh, 2-34                     |   |
| Coconut                                      | E                                       |
| dried, 5-2                                   | Edamame (Soy Beans), 2-20               |
| fresh, 5-2                                   | Eggplant, fresh, 2-38                   |
| frozen, 5-2                                  | Egg Noodles, 3-26                       |
| Coffee Cake, 3-16                            | Egg Product                             |
| Collard Greens                               | Egg Whites, 5-3                         |
| canned, 2-35                                 | Egg Yolks, 5-3                          |
| fresh, 2-35                                  | Egg Roll Skins, 3-15                    |
| frozen, 2-35                                 | Eggs                                    |
| Cookies, 3-15, 3-16                          | dried whole eggs, 1-36                  |
| Corn   | egg whites, 5-3                         |
| canned, 2-35                                 | egg yolks, 5-3                          |
| fresh, 2-35                                  | shell eggs, 1-36                        |
| frozen, 2-36                                 | frozen whole eggs, 1-36                 |
| Cornbread, 3-15                              | Elbow Macaroni, 3-26                    |

| Endive (Escarole), fresh, 2-39             | Goat Roast, 1-37                         |
|--|--|
| English Muffins, 3-15                      | Goulash, Beef, 1-22                      |
| English Walnuts, 1-39                      | Graham Crackers, 3-15, 3-26              |
| Escarole (Endive), fresh, 2-39             | Grain Fruit Bars, 3-16                   |
| Evaporated Milk, 5-5                       | Granola Cereal, ready-to-eat, 3-16, 3-24 |
| ,  | Granola Bars, 3-16                       |
|  | Grapefruit, fresh, 2-40                  |
| F  | Grapefruit and Orange Sections           |
| Farina, 3-22                               | chilled, 2-41                            |
| Feta, 1-23                                 | canned, 2-41                             |
| Field Peas, canned, 2-58                   | Grapefruit Juice                         |
| Figs                                       | canned, 2-43                             |
| canned, 2-39                               |  |
| dehydrated, 2-39                           | frozen, 2-43                             |
| fresh, 2-39                                | Grapefruit-Orange Juice                  |
| Filberts (Hazelnuts), 1-39                 | canned, 2-43                             |
| Fish                                       | frozen, 2-43                             |
| Mackerel, 1-54                             | Grapefruit Sections                      |
|  | canned, 2-41                             |
| Salmon, 1-55                               | frozen, 2-41                             |
| Surimi, 5-3                                | Grape Juice                              |
| Fish Fillet Block, C-5                     | canned, 2-43                             |
| Fish Fillets, 1-51                         | frozen, 2-43                             |
| Fish Portions                              | Grapes                                   |
| fried battered, 1-52                       | canned, 2-42                             |
| fried breaded, 1-52                        | fresh, 2-41                              |
| raw breaded, 1-53                          | Grape Leaves                             |
| unbreaded, 1-53                            | fresh, 2-42                              |
| Fish Steaks, 1-51                          | pickled, 2-42                            |
| Fish Sticks                                | Gravy and Beef, 1-23                     |
| fried breaded, 1-54                        | Gravy and Swiss Steak, 1-23              |
| raw breaded, 1-54                          | Great Northern Beans                     |
| Flank Steak, Beef, 1-15                    | •  |
| Frankfurters, 1-36                         | canned, 1-6, 2-14                        |
| French Dressing, 5-7                       | dry, 1-6, 2-14                           |
| French fries, Potatoes, 2-68               | Green Beans                              |
| French Toast, 3-16                         | canned, 2-15                             |
| Frozen Desserts,                           | fresh, 2-14                              |
| Frozen Yogurt, 5-3                         | frozen, 2-16                             |
| Ice Cream, 5-3                             | Green Cabbage, fresh, 2-27               |
| Ice Milk, 5-3                              | Green Chili Peppers                      |
| Sherbet, 5-3                               | canned, 2-60                             |
| Frozen Yogurt, 5-3                         | fresh, 2-60                              |
|  | Green, Flat Italian Beans                |
| Fruit Cocktail, 2-40                       | canned, 2-16                             |
| Fruit, Mixed                               | fresh, 2-17                              |
| canned, 2-40                               | Green Onions, fresh, 2-50                |
| chilled, 2-39                              | Green Peas                               |
| frozen, 2-40                               | canned, 2-58                             |
| dehydrated, 2-40                           | fresh, 2-58                              |
|  | frozen, 2-58                             |
| G  | Green Peppers                            |
|  | dehydrated, 2-60                         |
| Game, fresh or frozen                      | flakes, (dried for seasoning), 5-8       |
| Buffalo, Ground, 1-37                      | fresh, 2-59                              |
| Goat, Roast, 1-37                          | frozen, 2-59                             |
| Ostrich, Medallions, 1-37                  | Grits, Corn, 3-21                        |
| Venison (Deer), Ground, 1-37               | Ground Beef, 1-15                        |
| Garbanzo Beans or Chickpeas                | Ground Chicken, 1-32                     |
| canned, 1-6, 2-13                          |  |
| dry, 1-6, 2-14                             | Ground Bork 1 41                         |
| Garlic, minced, (dried for seasoning), 5-8 | Ground Pork, 1-41                        |
| Gizzards                                   | Ground Turkey, 1-62                      |
| Chicken, 1-32                              | Ground Veal, 1-64                        |
| Turkey, 1-62                               | Guava puree, frozen, 2-42                |

| H                              | Lamb, fresh or frozen                |
|--------------------------------|--------------------------------------|
|                                | Chops, 1-38                          |
| Ham, 1-48                      | Ground, 1-38                         |
| Ham Hocks, 5-6                 | Leg Roast, 1-38                      |
| Hashed browns, Potatoes, 2-69  | Shoulder Roast, 1-38                 |
| Hashed patties, Potatoes, 2-69 | Stew Meat, 1-38                      |
| Hazelnuts (Filberts), 1-39     | Leaf Lettuce, fresh, 2-46            |
| Heart                          | Lemon Juice                          |
| Beef, 1-16                     | canned, 2-43                         |
| Chicken, 1-32                  | Lemons, fresh, 2-45                  |
| Pork, 1-42                     | Lentils, dry, 1-37                   |
| Turkey, 1-62                   | Lettuce, Iceberg, fresh, 2-45        |
| Veal, 1-65                     | Lettuce, Leaf, fresh, 2-46           |
| Heavy (Whipping) Cream, 5-3    | Lettuce, Romaine, fresh, 2-46        |
| Hominy, canned, 5-4            | Lettuce                              |
| Honey, 5-4                     | Mixed Greens, 2-46                   |
| Honeydew Melon                 | Salad Mix, 2-46                      |
| fresh, 2-42                    | Light Cream, 5-3                     |
| frozen, 2-42                   | Lima Beans                           |
| Hubbard Squash                 | canned, 1-8, 2-17                    |
| fresh, 2-77                    | dry, 1-8, 2-18                       |
| frozen, mashed, 2-77           | fresh, 2-17                          |
| , ,                            |                                      |
|                                | frozen, 2-18<br>Limes, fresh, 2-46   |
| 1                              |                                      |
| Iceberg Lettuce, fresh, 2-45   | Lime Juice                           |
| Ice Cream, 5-3                 | canned, 2-43 Liver                   |
| Ice Milk, 5-3                  |                                      |
| Italian Plums                  | Beef, 1-17 Chielen, 1, 32            |
| fresh, 2-64                    | Chicken, 1-32<br>Pork, 1-42          |
| Italian Sausage, 1-45          | Turkey, 1-62                         |
|                                | Veal, 1-65                           |
| J                              | Loin, Beef, 1-17                     |
|                                | Lowfat Milk, 4-2                     |
| Japanese Plums                 | Lowiat Wilk, 4-2                     |
| fresh, 2-64                    |                                      |
| Jams, 5-4                      | M                                    |
| Jellies, 5-4                   | Macadamia nuts, 1-39                 |
| Jicama (Yam Bean), fresh, 2-43 | <b>Macaroni, Elbow,</b> 3-16, 3-26   |
| Juices, Vegetable and Fruit    | Mackerel                             |
| canned, 2-43                   | canned, 1-55                         |
| frozen, 2-43                   | chilled, 1-54                        |
|                                | frozen, 1-54                         |
| K                              | Malanga (Taro), fresh, 2-46          |
| Kale                           | Mandarin Oranges, canned, 2-52, 2-81 |
| canned, 2-44                   | Mangoes, fresh, 2-47                 |
| fresh, 2-44                    | Maple Syrup, 5-7                     |
| frozen, 2-44                   | Maraschino Cherries, 2-32            |
| Kasha, 3-22                    | Margarine, 5-2                       |
| Ketchup (Catsup), 5-2          | Mashed Potatoes, frozen, 2-70        |
| Kidney, Beef, 1-16             | Maws (Pork Stomach), 1-47            |
| Kidney Beans                   | Mayonnaise salad dressing, 5-7       |
| canned, 1-7, 2-17              | Mayonnaise-type salad dressing, 5-7  |
| dry, 1-7, 2-17                 | Melba Toast, 3-26                    |
|                                | Milk                                 |
| Kiwi, fresh, 2-45              | Acidified, 4-2                       |
| Kohlrabi, fresh, 2-45          | Buttermilk, 4-2                      |
| Knockwurst, 1-37               | Dried, 5-4                           |
|                                | Evaporated, 5-5                      |
| L                              | Lactose-free, 4-2                    |
| Lactose-free Milk, 4-2         | Lactose-reduced, 4-2                 |
| Lactose-reduced Milk, 4-2      | Lowfat, 4-2                          |
|                                | ,                                    |

| Reduced fat, 4-2  | _   |
|---|---|
|   | 0   |
| Skim (Nonfat), 4-2  |   |
| Whole, 4-2  | Oats, 3-23  |
| Millet, 3-23  | Oats Cereal, ready-to-eat, 3-24   |
| Minestrone Soup,  | Okra  |
|   | canned, 2-49  |
| canned, 2-73  |   |
| ready-to-serve, 2-74  | fresh, 2-49   |
| Mirliton (Chayote), fresh, 2-32   | frozen, 2-49  |
| Mixed Fruit,  | Olives  |
|   | canned, 2-49  |
| canned, 2-40  | frozen, 2-50  |
| chilled, 2-39   |   |
| dehydrated, 2-40  | Onion Flakes, (dried for seasoning), 5-8  |
| frozen, 2-40  | Onions, Green, fresh, 2-50  |
|   | Onions, Mature  |
| Mixed Greens, lettuce, 2-46   | canned, 2-51  |
| Mixed Vegetables,   |   |
| canned, 2-85  | chopped, (dried for seasoning), 5-8   |
| frozen, 2-85  | dehydrated, 2-51  |
| Mixed Vegetable Flakes, (dried for  | flakes, (dried for seasoning), 5-8  |
|   | fresh, 2-50   |
| seasoning), 5-8   |   |
| Molasses Syrup, 5-7   | frozen, 2-51  |
| Mozzarella Cheese, 1-23   | Orange Juice  |
| Muffins, 3-16   | canned, 2-43  |
|   | frozen, 2-43  |
| Mung Beans, dry, 1-8, 2-18  | •   |
| Mung Bean Sprouts, 2-21   | Oranges   |
| Mushrooms   | canned, (Mandarin), 2-52, 2-81  |
| canned, 2-47  | fresh, 2-51   |
| fresh, 2-47   | <b>Orzo,</b> 3-27   |
|   | Ostrich, Medallions, 1-37   |
| frozen, 2-47  |   |
| Mustard Greens  | Oxtail, Beef, 1-17  |
| canned, 2-48  | Oysters, fresh or frozen shucked, 1-55  |
| fresh, 2-47   |   |
|   |   |
| £ 2 10  |   |
| frozen, 2-48  | P   |
| frozen, 2-48<br><b>Mustard, prepared,</b> 5-5   | <del>-</del>  |
|   | Pancakes, 3-15  |
| Mustard, prepared, 5-5  | Pancakes, 3-15<br>Papaya,   |
|   | Pancakes, 3-15 Papaya, fresh, 2-52  |
| Mustard, prepared, 5-5  | Pancakes, 3-15<br>Papaya,   |
| Mustard, prepared, 5-5  N Navy or Pea Beans, dry, 1-8, 2-18   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52   |
| N<br>Navy or Pea Beans, dry, 1-8, 2-18<br>Nectarines, fresh, 2-48   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24   |
| N<br>Navy or Pea Beans, dry, 1-8, 2-18<br>Nectarines, fresh, 2-48<br>Nonfat (Skim) Milk, 4-2  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley   |
| N<br>Navy or Pea Beans, dry, 1-8, 2-18<br>Nectarines, fresh, 2-48   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52   |
| N<br>Navy or Pea Beans, dry, 1-8, 2-18<br>Nectarines, fresh, 2-48<br>Nonfat (Skim) Milk, 4-2<br>Noodles<br>Chow Mein, 3-25  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus)  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28  |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanuts, 1-39  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanuts, 1-39 Pecans, 1-39   | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28 Pea or Navy Beans, dry, 1-8, 2-18   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanuts, 1-39  | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28 Pea or Navy Beans, dry, 1-8, 2-18 Peaches   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanuts, 1-39 Pecans, 1-39 Pine Nuts (Pinyons), 1-39                           | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28 Pea or Navy Beans, dry, 1-8, 2-18   |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanuts, 1-39 Pecans, 1-39 Pine Nuts (Pinyons), 1-39 Pistachio, 1-39                       | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28 Pea or Navy Beans, dry, 1-8, 2-18 Peaches canned, 2-54                              |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanut, 1-39 Pecans, 1-39 Pine Nuts (Pinyons), 1-39 Pistachio, 1-39 Soy nuts, 1-39         | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28 Pea or Navy Beans, dry, 1-8, 2-18 Peaches canned, 2-54 dehydrated, 2-56             |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanut, 1-39 Pecans, 1-39 Pine Nuts (Pinyons), 1-39 Pistachio, 1-39 Soy nuts, 1-39 Walnuts | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28 Pea or Navy Beans, dry, 1-8, 2-18 Peaches canned, 2-54 dehydrated, 2-56 fresh, 2-53 |
| N Navy or Pea Beans, dry, 1-8, 2-18 Nectarines, fresh, 2-48 Nonfat (Skim) Milk, 4-2 Noodles Chow Mein, 3-25 Egg, 3-26 Lasagna, 3-27 Ramen, 3-27 Nopales (Cactus) canned, 2-28 fresh, 2-28 Nuts Almonds, 1-38 Brazil, 1-38 Cashew, 1-39 Filberts (Hazelnuts), 1-39 Hazelnuts (Filberts), 1-39 Macadamia, 1-39 Peanut granules, 1-39 Peanut, 1-39 Pecans, 1-39 Pine Nuts (Pinyons), 1-39 Pistachio, 1-39 Soy nuts, 1-39         | Pancakes, 3-15 Papaya, fresh, 2-52 frozen puree, 2-52 Parmesan Cheese, grated, 1-24 Parsley flakes (dried for seasoning), 5-8 fresh, 2-52 Parsnips, fresh, 2-52 Passion Fruit, fresh, 2-53 Pasta, 3-16 Bowties, 3-26 Elbow Macaroni, 3-26 Egg Noodles, 3-26 Lasagna Noodles, 3-27 Orzo, 3-27 Penne, 3-27 Ramen Noodles, 3-27 Shells, 3-28 Spaghetti, 3-28 Spiral (Rotini), 3-28 Wagon Wheels, 3-28 Pasta Shells, 3-28 Pea or Navy Beans, dry, 1-8, 2-18 Peaches canned, 2-54 dehydrated, 2-56             |

| Peanut butter, reduced fat, 1-40  | Pink Beans                                    |
|-----------------------------------|---|
| Peanut granules, 1-39             | canned, 1-9, 2-18                             |
| Peanuts, 1-39                     | dry, 1-9, 2-18                                |
| Pea or Navy Beans, 1-8            | Pinto Beans                                   |
| Pears                             | dehydrated, 1-9, 2-19                         |
| canned, 2-57                      | dry, 1-9, 2-19                                |
| dehydrated, 2-57                  | canned, 1-9, 2-19                             |
| fresh, 2-56                       | Pistachio nuts, 1-39                          |
| Peas and Carrots                  | Pita Bread, 3-15                              |
|                                   |   |
| canned, 2-59<br>frozen, 2-59      | Pizza Crust, 3-15                             |
|                                   | Plantain, fresh, 2-64                         |
| Peas, canned                      | Plum Puree (Prune Paste), 2-65                |
| Black-eyed (Beans), 1-5, 2-13     | Plums (Black, Japanese, Italian, Purple, Red) |
| Field, 2-58                       | canned, 2-64                                  |
| Green, 2-58                       | dehydrated (Prunes), 2-65                     |
| Peas, dry                         | fresh, 2-64                                   |
| Black-eyed (Beans), 1-5, 2-13     | Poi, 2-66                                     |
| Split Peas, 1-40, 2-58            | Pomegranates, fresh, 2-66                     |
| Whole Peas, 1-40, 2-58            | Popcorn, 5-6                                  |
| Peas, frozen                      | Pork, canned, 1-50                            |
| Black-eyed, 2-13                  | Pork, fresh and frozen                        |
| Chinese Snow, 2-57                | Ground, 1-41                                  |
| Green, 2-58                       | Heart, 1-42                                   |
| Pigeon, Green, Peas,              | Lean finely textured, C-5                     |
| Sugar-Snap, 2-59                  | Leg, Fresh Ham, 1-42                          |
| Peas, Green                       | Liver, 1-42                                   |
| canned, 2-58                      | Loin Chops, 1-43                              |
| fresh, 2-58                       | Loin Roasts, 1-44                             |
| frozen, 2-58                      | Pig Ears, 5-5                                 |
| Peas, Field, canned, 2-58         | Pig Feet, 5-6                                 |
| Peas, Pigeon, Green, frozen, 2-59 | Shoulder, Boston Butt, 1-45                   |
| Pea Soup, canned,                 | Shoulder, Picnic, 1-45                        |
| condensed, 1-40                   | Sausage, 1-45                                 |
| ready-to-serve, 1-40              | Sirloin Roast, 1-46                           |
| Peas, Sugar Snap, frozen, 2-59    | Spareribs, 1-46                               |
| Pecans, 1-39                      | Steak, 1-46                                   |
| Penne Pasta, 3-27                 | Stew meat, 1-47                               |
| Pepperocini, canned, 2-59         | Stomach (Maws), 1-47                          |
| Peppers, Bell (Green or Red)      | Pork, Ground, 1-41                            |
| dehydrated, 2-60                  | Pork, Heart, 1-42                             |
| dried, (for seasoning), 5-8       | Pork, Lean finely textured, C-5               |
| fresh, 2-59                       | Pork Leg, Fresh Ham, 1-42                     |
| frozen, 2-59                      | Pork Liver, 1-42                              |
| Peppers, Cherry, fresh, 2-60      | Pork Loin Chops, 1-43                         |
| Peppers, Green Chiles             | Pork Loin Roasts, 1-44                        |
| canned, 2-60                      | Pork, Mild Cured                              |
| fresh, 2-60                       | Bacon, 5-6                                    |
| Persimmons, fresh, 2-61           | Bacon, Canadian, 1-47                         |
| Pickle Relish, 5-5                | Ham, 1-48                                     |
| Pickles, 2-61                     | Ham Hocks, 5-6                                |
| Pie Crust, 3-15                   | Shoulder, Boston Butt, 1-47                   |
| Pig Ears, 5-5                     | Shoulder, Picnic, 1-48                        |
| Pig Feet, 5-6                     | Pork Shoulder, Boston Butt, 1-45              |
| Pigeon, Green, Peas, frozen, 2-59 | Pork Shoulder, Picnic, 1-45                   |
| Pimientos, canned, 2-62           | Pork Sausage, 1-45                            |
| Pineapple                         | Pork Sirloin Roast, 1-46                      |
| canned, 2-63                      | Pork Spareribs, 1-46                          |
| fresh, 2-62                       | Pork Steak, 1-46                              |
| frozen, 2-64                      | Pork Stew Meat, 1-47                          |
| Pineapple Juice, canned, 2-43     | Pork Stomach (Maws), 1-47                     |
| Pine nuts (Pinyons), 1-39         | Potato Chips, 5-6                             |
| • • •                             | Potato Circles, 2-70                          |

| Potatoes                                 | canned, 2-71                                       |
|--|--|
| canned, 2-67                             | fresh, 2-71  |
| dehydrated, 2-68                         | frozen, 2-72                                       |
| fresh, 2-66                              | Ravioli (noodle only), 3-16                        |
| frozen, 2-67                             | Red Cabbage, fresh, 2-27                           |
| Potatoes, dehydrated                     | Red Peppers  |
| diced, 2-68                              | dehydrated, 2-60                                   |
| flakes, 2-68                             | dried for seasoning, 5-8                           |
| granules, 2-68                           | fresh, 2-59  |
| slices, 2-68                             | frozen, 2-59                                       |
| Potatoes, diced, 2-67                    | Red Plums  |
| Potatoes, French fries, 2-68             | canned, 2-64                                       |
| Potatoes, frozen                         | fresh, 2-64  |
| diced, 2-67                              | Red Potatoes, fresh, 2-66                          |
| Shells, 2-68                             | Red, Small, Beans                                  |
| Wedges, 2-68                             | canned, 1-10, 2-20                                 |
| Whole, 2-68                              | dry, 1-10, 2-20                                    |
| Potatoes, Hashed browns, 2-69            | Red Tart Cherries                                  |
| Potatoes, Hashed patty, 2-69             | canned, 2-33                                       |
| Potatoes, Mashed, 2-70                   | dehydrated, 2-34                                   |
| Potatoes, Red, fresh, 2-66               | fresh, 2-33  |
| Potato Products                          | frozen, 2-33                                       |
| Circles, 2-70                            | Reduced Fat Milk, 4-2                              |
| Hashed browns, 2-69                      | Reduced fat peanut butter, 1-40                    |
| Hashed patty, 2-69                       | Refried Beans                                      |
| Mashed, 2-70                             | canned, 1-12, 2-19                                 |
| Rounds, 2-70                             | dehydrated, 1-12, 2-20                             |
| Skins or Pieces, 2-70                    | Rhubarb  |
| Potato Rounds, 2-70                      | fresh, 2-72  |
| Potato Shells, 2-68                      | frozen, 2-72                                       |
| Potato Skins and Pieces, 2-70            | <b>Rib, Beef,</b> 1-18                             |
| Potato Sticks, 5-7                       | Ribeye, Beef, 1-18                                 |
| Potato Wedges, 2-68                      | Rice, 3-16   |
| Preserves, 5-4                           | Brown, 3-29  |
| Pretzels, 3-15                           | Wild, 3-31   |
| Prickly Pear (Cactus Fruit), fresh, 2-28 | White, 3-29  |
| Prune Juice, canned, 2-43                | Rice Cakes, 3-30                                   |
| Prune Paste (Plum Puree), 2-65           | Rice Cereal, ready-to-eat, 3-24                    |
| Prunes (Dehydrated Plums)                | Ricotta Cheese, 1-24                               |
| canned, 2-65                             | Roasts (see Beef, Goat, Lamb, Pork, or Veal, fresh |
| paste or puree, 2-65                     | or frozen)   |
| with pits, 2-65                          | <b>Rolls,</b> 3-15                                 |
| without pits (USDA), 2-65                | Romaine Lettuce, fresh, 2-46                       |
| Pudding, 5-7                             | Romano Cheese, 1-24                                |
| Pumpkin                                  | Rotini (Spiral) pasta, 3-28                        |
| canned, 2-71                             | Round Roast, Beef, 1-18                            |
| fresh, 2-71                              | Round Steak, Beef, 1-19                            |
| Pumpkin seeds (Squash Seeds), 1-58       | Rump Roast, Beef, 1-20                             |
| Purple Plums                             | Rutabagas, fresh, 2-72                             |
| canned, 2-64                             | Rye Wafers, 3-30                                   |
| fresh, 2-64                              | ,            |
| ,  | 6  |
| 0  | _ <b>S</b>   |
| Q  | Salad Dressings,                                   |
| Quinoa, 3-23                             | French, 5-7  |
|  | Mayo, 5-7  |
| R  | Mayo Type, 5-7                                     |
|  | Salad Mix, Lettuce, 2-46                           |
| Radishes, fresh, 2-71                    | Salmon,  |
| Raisins, 2-71                            | canned, 1-55                                       |
| Ramen Noodles, 3-27                      | pouch pack, 1-55                                   |
| Raspberries                              | Salsa, canned, 2-72                                |
|  |  |

| <b>Saltines,</b> 3-15, 3-31                     | Vegetable with Meat, 2-73                          |
|---|--|
| Sandwich, Steak, Beef, 1-21                     | Soups, canned ready-to-serve                       |
| Sardines, canned, 1-56                          | Bean, 1-12, 2-74                                   |
| Sauce, Spaghetti, (Meatless), tomato, canned,   | Minestrone, 2-74                                   |
| 2-84  | Pea, 1-40  |
| Sauerkraut, canned, 2-73                        | Tomato, 2-74                                       |
| Sausage,  | Tomato with Rice, 2-74                             |
| bulk, 1-45                                      | Vegetable, 2-74                                    |
| Italian, 1-45                                   | Vegetable with Meat, 2-74                          |
| link, 1-45                                      | Soy Bean Sprouts, 2-21                             |
| patty, 1-45                                     | Soy Beans,   |
| Scallops, frozen, 1-56                          | canned, 1-10, 2-20                                 |
| Seafood, canned                                 | dry, 1-10, 2-20                                    |
| Clams, 1-50                                     | fresh (Edamame), 2-20                              |
| Mackeral, 1-55                                  | Soy nut butter, 1-40                               |
| Salmon, pink, 1-55<br>Sardines, 1-56            | Soy nuts, 1-39<br>Spaghetti, 3-28                  |
| Shrimp, 1-57                                    | Spaghetti Sauce (Meatless), tomato, canned, 2-84   |
| Tuna, 1-58                                      | Spareribs, Pork, 1-46                              |
| Seafood, fresh or frozen                        | Special Trim, Beef, 1-20                           |
| Clams, 1-50                                     | Spinach  |
| Crab meat, 1-51                                 | canned, 2-75                                       |
| Crawfish, 1-51                                  | fresh, 2-74  |
| Fish Fillet Block, C-5                          | frozen, 2-75                                       |
| Fish fillets, 1-51                              | Spiral (Rotini) Pasta, 3-28                        |
| Fish portions, 1-52                             | <b>Split Peas, dry,</b> 1-40, 2-58                 |
| Fish steaks, 1-51                               | Sprouts  |
| Fish sticks, 1-54                               | canned, 2-21                                       |
| Mackerel, 1-54                                  | fresh, 2-21  |
| Minced Fish Block, C-5                          | Squid (Calamari), frozen, 1-57                     |
| Oysters, shucked, 1-55                          | Squid Meat Block, C-5                              |
| Scallops, 1-56                                  | Squash, Summer (Yellow, Zucchini)                  |
| Shrimp, 1-56                                    | canned, 2-76                                       |
| Squid (Calamari), 1-57<br>Squid Meat Block, C-5 | fresh, 2-75<br>frozen, 2-76                        |
| Seaweed, dehydrated, 2-73                       | Squash, Winter (Acorn, Butternut, Hubbard)         |
| Seeds   | fresh, 2-76  |
| Pumpkin and Squash, 1-58                        | frozen, mashed, 2-77                               |
| Sesame, 1-59                                    | Squash Seeds (Pumpkin Seeds), 1-58                 |
| Sunflower, 1-59                                 | Starfruit (Carambola), fresh, 2-77                 |
| Sesame Seeds, 1-59                              | Steaks, (See Beef, Pork or Veal, fresh or frozen), |
| Sesame seed butter, 1-40                        | Stewed Tomatoes, canned, 2-82                      |
| Shells, pasta, 3-28                             | Stew Meat  |
| Sherbet, 5-3                                    | Beef, 1-21   |
| Shoulder Roast, Pork                            | Lamb, 1-38   |
| Boston Butt, 1-45                               | Pork, 1-47   |
| Picnic, 1-45                                    | Veal, 1-65   |
| Shrimp  | Strawberries                                       |
| canned, 1-57<br>fresh, 1-56                     | dehydrated, 2-78<br>fresh, 2-77                    |
| frozen, 1-56                                    | frozen, 2-77                                       |
| Sirloin, (See Beef or Pork, fresh or frozen)    | Stuffing, 3-15                                     |
| Skim (Nonfat) Milk, 4-2                         | Succotash  |
| Soda Crackers, 3-15, 3-31                       | canned, 2-78                                       |
| Soups, canned condensed                         | frozen, 2-78                                       |
| Bean, 1-12, 2-74                                | Sugar Snap Peas, frozen, 2-59                      |
| Minestrone, 2-73                                | Summer Squash (Yellow, Zucchini)                   |
| Pea, 1-40                                       | canned, 2-76                                       |
| Tomato, 2-73                                    | fresh, 2-75  |
| Tomato with Rice, 2-73                          | frozen, 2-76                                       |
| Tomato Vegetable, 2-73                          | Sunflower Seeds, 1-59                              |
| Vegetable, 2-73                                 | Sunflower Seed butter, 1-40                        |

| $c \cdot \cdot c  r_2$                     | T D C 1 21                          |
|--|-------------------------------------|
| Surimi, frozen, 5-3                        | Tongue, Beef, 1-21                  |
| Sweet Cherries                             | Tortilla Chips, 3-15                |
| canned, 2-34                               | Tortillas, 3-15                     |
| fresh, 2-34                                | Tostada/Taco Shells, 3-15, 3-31     |
| Sweet Potatoes                             | Tree Nuts and Other Nuts,           |
| canned, 2-79                               | Almonds, 1-38                       |
|  | - · · · · ·                         |
| dehydrated, 2-80                           | Brazil nuts, 1-38                   |
| fresh, 2-79                                | Cashew nuts, 1-39                   |
| frozen, 2-80                               | Filberts (Hazelnuts), 1-39          |
| Sweet Rolls, 3-16                          | Hazelnuts (Filberts), 1-39          |
| Swiss Chard, fresh, 2-81                   | Macadamia nuts, 1-39                |
| Swiss Cheese, 1-23                         | Peanut Granules, 1-39               |
| Swiss Steak and Gravy, 1-23                | Peanuts, 1-39                       |
| Syrups                                     | Pecans, 1-39                        |
| Cane, 5-7                                  |                                     |
|  | Pine nuts (Pinyons), 1-39           |
| Corn, 5-7                                  | Pistachio nuts, 1-39                |
| Maple, 5-7                                 | Soy nuts, 1-39                      |
| Molasses, 5-7                              | Walnuts                             |
|  | Black, 1-39                         |
| T  | English, 1-39                       |
| T  | Tripe, Beef, 1-21                   |
| Taco/Tostada Shells, 3-15, 3-31            | Tuna, canned, 1-58                  |
| Tangelos, fresh, 2-81                      |                                     |
| Tangerines                                 | Turkey a la King, 1-64              |
| canned (Mandarin Oranges), 2-52, 2-81      | Turkey Backs, 1-60                  |
|  | Turkey, Boneless, 1-62              |
| fresh, 2-81                                | Turkey Breast, 1-60                 |
| Tangerine Juice, canned, 2-43              | Turkey Burgers, 1-62                |
| Tannier (Yautia), fresh, 2-87              | Turkey Barbecue, 1-64               |
| Taro (Malanga), fresh, 2-46                | Turkey Chili, 1-64                  |
| Toaster Pastry, 3-16                       | Turkey Chili with beans, 1-64       |
| Tomatillos, fresh, 2-81                    |                                     |
| Tomatoes                                   | Turkey, cooked                      |
| canned, 2-82                               | frozen, 1-63                        |
|  | canned, 1-63                        |
| fresh, 2-82                                | Turkey Drumsticks, 1-60             |
| Tomatoes, Cherry, fresh, 2-81              | Turkey, fresh or frozen             |
| Tomatoes, crushed, canned, 2-83            | Backs, 1-60                         |
| Tomatoes, diced,                           | Boneless, 1-62                      |
| canned, 2-83                               | Breast, 1-60                        |
| fresh, 2-82                                | Burgers, 1-62                       |
| Tomatoes, whole                            | Drumsticks, 1-60                    |
| canned, 2-82                               |                                     |
| fresh, 2-82                                | Giblets, 1-62                       |
| Tomato Juice, canned, 2-43                 | Gizzards, 1-62                      |
|  | Heart, 1-62                         |
| Tomato Paste, canned, 2-83                 | Liver, 1-62                         |
| Tomato Products                            | Ground, 1-62                        |
| Spaghetti Sauce (Meatless), 2-84           | Halves, 1-60                        |
| Tomato Paste, 2-83                         | Leg Quarters, 1-61                  |
| Tomato Puree, 2-83                         | Mechanically or hand separated, C-6 |
| Tomato Sauce, 2-84                         | Necks, 1-61                         |
| Tomato Puree, canned, 2-83                 |                                     |
| Tomato Sauce, canned, 2-84                 | Parts, 1-60                         |
| Tomato Soup, canned                        | Roast, 1-61                         |
|  | Thighs, 1-61                        |
| condensed, 2-73                            | Whole, 1-59                         |
| ready-to-serve, 2-74                       | Wings, 1-61                         |
| Tomato Spaghetti Sauce (Meatless), canned, | Turkey Giblets                      |
| 2-84                                       | Gizzards, 1-62                      |
| Tomato Vegetable Soup, canned              | Hearts, 1-62                        |
| condensed, 2-73                            |                                     |
| ready-to-serve, 2-74                       | Livers, 1-62                        |
| Tomato with Rice Soup, canned              | Turkey, Ground, 1-62                |
| condensed, 2-73                            | Turkey, Halves, 1-60                |
|  | Turkey Ham, 1-63                    |
| ready-to-serve, 2-74                       | Turkey Hash, 1-64                   |

| Turkey Leg Quarters, 1-61                   | Vegetables, Mixed                         |
|---|---|
| Turkey, mechanically or hand separated, C-6 | canned, 2-85                              |
| Turkey necks, 1-61                          | frozen, 2-85                              |
| Turkey, parts                               | Vegetable Soup, canned                    |
| Backs, 1-60                                 | condensed, 2-73                           |
| Breast, 1-60                                | ready-to-serve, 2-74                      |
| Drumsticks, 1-60                            | Vegetable Soup with Meat, canned          |
| Halves, 1-60                                | condensed, 2-73                           |
| Leg Quarters, 1-61                          | ready-to-serve, 2-74                      |
| Necks, 1-61                                 | Venison (Deer), Ground, 1-37              |
| Thighs, 1-61                                | Vienna Sausage, 1-37                      |
| Wings, 1-61                                 | ,   |
| Turkey Products                             | NA/                                       |
| Creamed Turkey, 1-63                        | W   |
| Turkey a la King, 1-64                      | Waffles, 3-15                             |
| Turkey Barbecue, 1-64                       | Wagon Wheels Pasta, 3-28                  |
| Turkey, Chili, 1-64                         | Walnuts                                   |
| Turkey Chili with Beans, 1-64               | Black, 1-39                               |
| Turkey Hash, 1-64                           | English, 1-39                             |
| Turkey Salad, 1-64                          | Water Chestnuts, canned, 2-86             |
| Turkey with Gravy, 1-64                     | Watercress, fresh, 2-86                   |
| Turkey with Noodles or Dumplings, 1-64      | Watermelon, fresh, 2-86                   |
| Turkey Roast, 1-61                          | Wax Beans                                 |
| Turkey Salad, 1-64                          | canned, 2-22                              |
| Turkey Thighs, 1-61                         | fresh, 2-21                               |
| Turkey, Whole, 1-59                         | Wheat Berries, 3-24                       |
| Turkey Wings, 1-61                          | Wheat Cereal, ready-to-eat, 3-24          |
| Turkey with Gravy, 1-64                     | Wheat Germ, ready-to-eat, 3-24            |
| Turkey with Noodles or Dumplings, 1-64      | Wheat, Cracked, 3-16                      |
| Turnip Greens                               | Wheat, Rolled, 3-24                       |
| canned, 2-84                                | Whipping (Heavy) Cream, 5-3               |
| fresh, 2-84                                 | White Rice, 3-29                          |
| frozen, 2-85                                | Whole Milk, 4-2                           |
| Turnips, fresh, 2-84                        | Whole or Stewed Tomatoes, canned, 2-82    |
| Turtle (Black) Beans                        | Wild Rice, 3-31                           |
| canned, 1-5, 2-13                           | Winter Squash (Acorn, Butternut, Hubbard) |
| dry, 1-5, 2-13                              | fresh, 2-76                               |
| 41), 1 0, 2 10                              | frozen, mashed, 2-77                      |
| U   |   |
|   | Y   |
| Ugli Fruit, fresh, 2-85                     | Yam Bean (Jicama), fresh, 2-43            |
|   | Yautia (Tannier), fresh, 2-87             |
| V   | Yeast                                     |
| Veal, fresh or frozen                       | active dry, 5-9                           |
| Cutlets, 1-64                               | compressed, 5-9                           |
| Ground, 1-64                                | Yellow Squash                             |
| Heart, 1-65                                 | fresh, 2-75                               |
| Liver, 1-65                                 | frozen, 2-76                              |
| Roasts, 1-65                                | Yogurt                                    |
| Steaks, 1-65                                | fresh, 1-66                               |
| Stew meat, 1-65                             | frozen, 5-3                               |
| Vegetables, dried for seasoning,            | Yucca (Cassava), fresh, 2-87              |
| Celery Flakes, 5-7                          | •   |
| Chive Flakes, 5-7                           | 7   |
| Garlic, Minced, 5-8                         | Z   |
| Green Pepper Flakes, 5-8                    | Zucchini                                  |
| Mixed Vegetable Flakes, 5-8                 | fresh, 2-76                               |
| Onion, chopped, 5-8                         | frozen, 2-76                              |
| Onion, flakes, 5-8                          | Zwieback, 3-32                            |
| Parsley Flakes, 5-8                         |   |

